

# EQ: Mastering Mindfulness Training



**Program Title:** EQ: Mastering Mindfulness Training

**Delivery Format:** Workshop

**Program Length:** 2hr Workshop

**Audience:** All AHA Employees

**Program Description:**

*Want to be more self-aware? Want to recognize how feelings, reactions and emotions affect your work relationships?*

Emotional intelligence (EQ) can be defined as the ability to be aware of one's own emotions and those of others and regulate personal emotions to facilitate effective thinking, action, and relationships. Studies have shown that emotional intelligence has a much greater impact on career success than a person's IQ. EQ: Mastering Mindfulness delivers a comprehensive program for increasing your emotional intelligence and mindfulness using the 4 core EQ skills: self-awareness, self-management, social awareness, and relationship management- to exceed your goals and achieve your fullest potential.

**Key Objectives:**

- Complete online EQ Assessment
- Explain the business case for Emotional Intelligence
- Observe the link between Emotional Intelligence and Job Performance
- Analyze personal EQ Assessment results
- Choose appropriate strategies from "60 EQ Strategies" document
- Identify self-management examples in a movie clip
- Identify personal emotional triggers
- List positive self-management strategies
- List social awareness strategies
- Identify needs in the Anatomy of Relationships

**Pre-Work:** Online Assessment

**Included Program Materials:** EQ 2.0 Hardcover Book (With EQ assessment), 60 EQ Strategies Job Aid

**Follow-Up:** 10 monthly activities

**Cost:** \$35 per participant

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